

**MAY 18 LACDMH RADIO SHOW FEATURES
PRODUCER-DIRECTOR PARIS BARCLAY**



This Saturday, May 18, 2013 at 8:00-9:00 P.M., tune in for the weekly “Free Your Mind Projects Radio Show” which has moved to KABC-AM (AM 790). The Los Angeles County Department of Mental Health (LACDMH) is a proud sponsor of this unique radio show.

Whether you’re in your car or at home, tune in and listen to the hour-long program designed to promote awareness on mental health issues. LACDMH Public Affairs Director Kathleen Piché will be co-hosting. This week’s guest is two-time, Emmy Award-winning Producer/Director Paris Barclay.

On the show, Barclay shares how he began drinking and using drugs at an early age. He talks about how the substance use continued into adulthood until one day when he decided to make a change for the better and seek help. He sought professional help with a therapist in dealing with his depression. At one point, he even thought of suicide but recalls that he experienced divine intervention which stopped him from going through with it. Barclay tells his personal story of hope, wellness and recovery – and what life is like today, 23+ years sober and full of family, happiness and love.



If you miss the show, you can always listen to it archived on the Free Your Mind Projects website: <http://www.freeyourmindprojects.com/category/radio/>.

The “Free Your Mind Projects Radio Show” is always interested in possible guests and subjects to cover. If you know of any persons in recovery or subject matter experts who would be good candidates for an on-air interview in a future show, please contact the LACDMH Public Information Office at pio@dmh.lacounty.gov.